

# Spiced Pears

**Makes:** 4 Servings

Focus on Fruit with this spicy pear recipe. Use canned pears to bake desserts, add to salads, or use as a topping for low-fat yogurt. Choose pears packed in light or extra light syrup.

## Ingredients

**1 can** pears, undrained (about 15 ounces )  
**4 slices** fresh ginger, peeled (if you like)  
**1/4 teaspoon** nutmeg (if you like)  
**1/4 teaspoon** cinnamon  
**2 cups** low-fat vanilla ice cream

## Directions

1. Drain liquid from pears into saucepan and add cinnamon. If using nutmeg and ginger, add that too.
2. Bring to boil; reduce heat and cook for 5 minutes.
3. Add pears and remove from heat. Chill in refrigerator. If ginger was used, remove it before serving.
4. Spoon pears and liquid over ice cream.